# PRINCESS ANNE MIDDLE SCHOOL

# Health and Physical Education Course Expectations

**2015-2016**

## ****The mission of the Physical Education Department is to develop students who define, demonstrate, and value physically active lifestyles. These include health and wellness, motor skills, social and emotional growth and independently demonstrate the knowledge and capability to problem solve and work collaboratively to respond ethically to diverse challenges in all aspects of their lives.****

**Course Objectives**: <http://www.doe.virginia.gov/testing/sol/standards_docs/health/index.shtml>

<http://www.doe.virginia.gov/testing/sol/standards_docs/physical_education/index.shtml>

### **Course Description**: Health and physical education is designed to assist students in achieving the knowledge, skills, attitude, and appreciation essential for effective living. It also contributes to the optimum physical, mental, social, and emotional growth of each individual.

### **Course Scope and Sequence**:

### **Health**:

### First Semester: **Wellness** 6-8 (Nutrition), **Health Risk** **Behaviors** 6 - (Personal Choices/Relationships/AVB, Substance Abuse, Safety) 7 – (VA Rules, Substance Abuse, Safety) 8 – (Social Interactions, Substance Abuse)

### Second Semester: **Managing Personal and Family Health** 6 - (Mental Health, Urinary System, Disease) 7 – (Mental Health, Circulatory System) 8 – (Mental Health, Nervous System, Disease), **Environmental Health** 6-8**, Family Life Education** 6, 7

**Text:** Teen Health (Glencoe, 2014) - class set and an online text will be available

**Physical Education:**

**Fitness Planning, Motor Skill Development, Anatomical Basis of Movement, Social Development, Energy Balance**

Fitness focused activities may include, but not limited to skills and exercises in the following areas: aerobic activities, jogging/running, strength exercises, walking, racquet sports, golf, Frisbee, track and field, tumbling, weight training, badminton, basketball, cooperative games, flag football, floor hockey, handball, soccer, softball, volleyball, Styxball/lacrosse, dance and rhythm activities.

**Supplies:**

**Health - 3 - pronged folder with pockets**, paper, pens/pencils, coloring supplies, highlighter, jump drive and glue stick.

**Physical Education – All students are required to wear the Princess Anne Middle School physical education uniform.** The uniform consists of a **PAMS PE shirt, PAMS athletic shorts, socks and tennis shoes.** The PAMS PE shirt and shorts must be purchased through HPE department. The cost is $20 total for the shirt and shorts ($10.00 each). Students will be required to place their last name on both their shirt and shorts in permanent marker. All PE students will be required to wear tennis shoes that lace up properly and securely. There are absolutely **no flip flops** in PE class. (*Students will not be* *allowed to participate and* will have to make accommodations to earn the missed lesson). Students may wear a jacket, sweatshirt and/or sweat pants over the shirt and shorts if needed. Please do not wear jewelry to class.

Each student will be assigned a locker and a combination lock to be used for the PE class. Locks are not permitted from home, and will need to be replaced (a $6.00 fee) if lost. Students are not permitted to change/share lockers with other students.

**Grading Scale:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **A 93-100** | **B+ 87-89** | **C+ 77-79** | **D+ 67-69** | **E Below 64** |
| **A- 90-92** | **B 83-86** | **C 73-76** | **D 64-66** |  |
|  | **B- 80-82** | **C- 70-72** |  |  |

**Grading Procedures and Policies:**

**Health** (**50%)** Homework, tests, quizzes, notebook/fitness plans, projects and class activities will determine grading. In the event of an **absence during a Health day**, it is the responsibility of the student to see their teacher individually. All Health work must be made up!

**Physical Education Participation (50%)** Students will receive a weekly Physical Education grade totaling 100 points. Each day of the Physical Education week will be worth 20 points. These points are based on preparedness, warm-up, exercises, activity, skill assessment, knowledge of rules and class expectations. In the event of **an absence on a PE day, a student may either write a one-page paper on an assigned topic, complete an outside phys. activity sheet and have it signed by coach/sponsor or they may participate in the intramural program.** One of the three options must be completed within one week of the students return to school. It is the responsibility of the student to complete and hand in the completed option.

**Grades will be entered weekly.**

**Fitness Testing:** All students are expected to attempt and complete all Physical Fitness tests to the best of their ability. They will not be graded on their score, but must show genuine effort in their attempt! A report of the student’s will be made available. A report of your student’s fitness scores can be accessed online at: [www.focusedfitness.org](http://www.focusedfitness.org)

**Citizenship Expectation:** Students are expected to be on time and prepared, show self-control, respect for self and others, be polite/respectful, and show quality in all work.

**Classroom Behavior Plan**

***Positive behavior*** will be acknowledged frequently throughout the day.

*Positive Consequences*

* Verbal praise, positive notes & phone calls home, special privileges

***Negative behavior*** will be handled promptly and consistently, without disrupting the flow of instruction.

Students will be given a consequence for the rule violation.

*Negative Consequences*

* ***First Offense:*** Warning & verbal explanation
* ***Second Offense****:* Time out/ parent contact
* ***Third Offense:*** Teacher detention
* ***Fourth Offense:*** Parent conference

**The following plan will be followed when students do not dress properly for Physical Education class:**

1st - No Dress- Teacher Warning

2nd - No Dress- Phone call to parent/e-mail

3rd - No Dress- Teacher Detention (phone call to parent/ e-mail)

4th - No Dress- Referral – Administrative Detention

5th- No Dress- Referral – 1 Day ISS

**General Information:** Students that are ill or injured should bring a note from the parent/guardian. In the event of a prolonged illness or injury lasting more than **two** PE days, a Doctor’s note should be provided. **The student should still dress out for P.E. if possible. The student will also be required to complete an alternate activity.**

****BYOD – PAMS policy will be followed, and ALL devises are **BANNED** in the

locker rooms.

***Teacher Contact:***

Telephone – 468-4950 (best time 3:50-4:00PM) or e-mail (anytime):

[Jocelyn.Barrington@VBSchools.com](mailto:Jocelyn.Barrington@VBSchools.com) [Allen.Brewer@VBSchools.com](mailto:Allen.Brewer@VBSchools.com) [Amy.Dancel@vbschools.com](mailto:Amy.Dancel@vbschools.com) [keegan.vanauken@vbschools.com](mailto:keegan.vanauken@vbschools.com) [Marcus.Turner@VBSchools.com](mailto:Marcus.Turner@VBSchools.com) [Katie.warnock@vbschools.com](mailto:Katie.warnock@vbschools.com)